

## MDPS Extension Activities and Resources

### Virtual Excursions

Activity	Source	Links
<p>Draw, paint, sculpt your favourite sea creature</p> <p>Write a letter to the marine biologist, what would you like to know more about?</p> <p>Design your own Aquarium, where are the sea animals located, how will you view, feed, care for them?</p>	Sydney Aquarium	<p>The Sydney Aquarium is also offering craft activities and educational resources that can help your little marine biologist learn more about everything below the waves.</p> <p><a href="https://www.visitsealife.com/sydney/what-s-inside/virtual-aquarium/live-stream/">https://www.visitsealife.com/sydney/what-s-inside/virtual-aquarium/live-stream/</a></p>
<p>Watch a live session</p> <p>Draw, paint, sculpt your favourite reptile</p> <p>Write a letter to the zookeeper, what would you like to know more about?</p> <p>Design your own Reptile enclosure, where are they kept, how will you view, feed, care for them?</p>	Australian Reptile Park	<p>For your budding biologists, the reptile park has a weekly line-up.</p> <p><a href="https://www.reptilepark.com.au/educationhub/">https://www.reptilepark.com.au/educationhub/</a></p>

<p>Virtual Lessons</p> <p>Draw, paint, sculpt your favourite animal</p> <p>Write a letter to the zookeeper, what would you like to learn more about?</p> <p>Design your own Zoo, what type of animals do you have there? Why? How will you get around the Zoo?</p>	<p>Taronga Zoo</p> <p>Example: Backyard Bug Catching Tuesday 10 August 11:30 – 12:00</p>	<p>Taronga offers daily line-ups from their zoos allowing your child to see their favourite animals, meet friendly animal keepers and learn what goes on behind the scenes.</p> <p><a href="https://taronga.org.au/taronga-tv">https://taronga.org.au/taronga-tv</a></p> <p><a href="https://taronga.org.au/education/digital-programs-online-resources/virtual-zoo-lessons">https://taronga.org.au/education/digital-programs-online-resources/virtual-zoo-lessons</a></p>
<p>Interactive website</p> <p>What shapes can you see in the ocean?</p> <p>Can you design a reef using shapes only?</p>	<p>Great Barrier Reef – David Attenborough</p>	<p>Join the legendary David Attenborough on this interactive journey through the Great Barrier Reef.</p> <p><a href="https://attenboroughsreef.com/">https://attenboroughsreef.com/</a></p>
<p>Penguins on Phillip Island</p> <p>Where else can penguins be found in Australia?</p> <p>How and why are they protected?</p>	<p>Phillip Island</p> <p>Watch the penguins on Phillip Island waddle on to the beach at sunset. The fun starts every night at 6:00pm</p>	<p><a href="https://www.penguins.org.au/virtual/live-penguin-tv/">https://www.penguins.org.au/virtual/live-penguin-tv/</a></p>
<p>Belgenny Farm 360° Virtual Tour</p>	<p>Belgenny Farm</p>	<p><a href="https://3dinsights.com.au/viewer/belgenny_farm/creamery/">https://3dinsights.com.au/viewer/belgenny_farm/creamery/</a></p>

Resources are available for downloading		
Virtual Experience	Cockatoo Island	<a href="https://www.cockatooisland.gov.au/en/learn/virtual-excursion/">https://www.cockatooisland.gov.au/en/learn/virtual-excursion/</a>
<p>Free Digital Program</p> <p>Be inspired by a range of digital experiences, from storytelling and performance workshops to digital tours, author talks, live streamed performances and much more.</p> <p>Our expert presenters, curriculum-linked resources and high production values make this a connection you won't want your students to miss</p>	Sydney Opera House	<a href="https://www.sydneyoperahouse.com/schools/whatson-schools/digitalclassroomexperiences/2021/digital-learning-schools.html">https://www.sydneyoperahouse.com/schools/whatson-schools/digitalclassroomexperiences/2021/digital-learning-schools.html</a>
Total is a 2200 hectare farm located in the lower Hunter Valley of New South Wales, Australia. The	Total Virtual Farm	<a href="https://www.tocal.nsw.edu.au/farm-and-facilities/tocal-farms/virtual-farm">https://www.tocal.nsw.edu.au/farm-and-facilities/tocal-farms/virtual-farm</a>

<p>property contains a range of natural ecosystems, from rainforest remnants and wetlands to dry sclerophyll forests. The main farm enterprises are beef cattle, dairying, horse breeding, and free-range egg production, with a small demonstration of sheep flock and some cropping.</p>		
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## Science and Technology

Activity	Source	Links
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<p>Mini Lab studios provides interactive games that will teach your children about the solar system and space.</p>	<p>Mini Lab Studios</p>	<p><a href="https://www.minilabstudios.com/apps/professor-astro-cats-solar-system/">https://www.minilabstudios.com/apps/professor-astro-cats-solar-system/</a></p>
<p>Create a 3D model of the Solar System using anything you want: recycled materials like paper and foil or playdough, even connectable if you can!</p>	<p>NASA Live</p>	<p>Learn about space, science and technology with the NASA Kids' Club.</p> <p><a href="https://www.nasa.gov/nasalive">https://www.nasa.gov/nasalive</a></p> <p>or</p> <p><a href="https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ">https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ</a></p>
<p>A platform offering short educational videos on every subject from science to art</p>	<p>The Kids should see this</p>	<p><a href="https://thekidshouldseethis.com/">https://thekidshouldseethis.com/</a></p>
<p>Explore, play games and complete activities at:</p>	<p>NASA Kids Club</p>	<p><a href="https://www.nasa.gov/kidsclub/index.html">https://www.nasa.gov/kidsclub/index.html</a></p>
<p>Your future astronaut or budding engineer can explore the surface of Mars through this amazing VR experience</p>	<p>Explore Mars</p>	<p><a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a></p>
<p>Full STEAM Ahead – Interactive PowerPoint</p> <p>Examine how advances in technology are changing how we produce energy, food and much more..</p>	<p>Smart Solutions:</p>	<p><a href="https://australiapostcollectables.com.au/content/dam/auspost_corp_microsites/collectables/stamp-colecting-month/scm-2021-full-steam-ahead/resources/smart-">https://australiapostcollectables.com.au/content/dam/auspost_corp_microsites/collectables/stamp-colecting-month/scm-2021-full-steam-ahead/resources/smart-</a></p>

		<a href="#">solutions-full-steam-ahead-interactive-slideshow.pptx</a>
<p>Full STEAM Ahead – Interactive PowerPoint</p> <p>Be introduced to robotics, artificial intelligence and much more.</p>	Age of The Machines:	<a href="https://australiapostcollectables.com.au/content/dam/auspost_corp_microsites/collectables/stamp-colecting-month/scm-2021-full-steam-ahead/resources/age-of-the-machine-full-steam-ahead-interactive-slideshow.pptx">https://australiapostcollectables.com.au/content/dam/auspost_corp_microsites/collectables/stamp-colecting-month/scm-2021-full-steam-ahead/resources/age-of-the-machine-full-steam-ahead-interactive-slideshow.pptx</a>
<p>Full STEAM Ahead - Interactive PowerPoint</p> <p>Explore space and test yourself with these fun quizzes</p>	Aiming for the Stars:	<a href="https://australiapostcollectables.com.au/content/dam/auspost_corp_microsites/collectables/stamp-colecting-month/scm-2021-full-steam-ahead/resources/aiming-for-the-stars-full-steam-ahead-interactive-slideshow.pptx">https://australiapostcollectables.com.au/content/dam/auspost_corp_microsites/collectables/stamp-colecting-month/scm-2021-full-steam-ahead/resources/aiming-for-the-stars-full-steam-ahead-interactive-slideshow.pptx</a>
<p>Explore over 150 Science Experiments</p> <p>Everything from bouncing eggs to botany, polar, heat, force, electricity and water experiments.</p> <p>Which one will you choose?</p> <p>Did it work? Why/Why not?</p>	Fizzics Education	<a href="https://www.fizzicseducation.com.au/category/150-science-experiments/">https://www.fizzicseducation.com.au/category/150-science-experiments/</a>

<p>Beat mum, dad and extended family members with this Fun Science Trivia Activity</p>	<p>Fizzics Education</p>	<p><a href="https://www.fizzicseducation.com.au/category/trivia/">https://www.fizzicseducation.com.au/category/trivia/</a></p>
<p>Listen to over 100 Science Podcasts</p>	<p>Fizzics Education</p>	<p><a href="https://www.fizzicseducation.com.au/category/podcast/">https://www.fizzicseducation.com.au/category/podcast/</a></p>
<p>Wherever you are, be inspired by science and learn about the way our world works through a variety of fun experiments and activities you can do at home for FREE</p>	<p>Questacon</p>	<p><a href="https://starportal.edu.au/activity/questacon-at-home-fun-science-activities-for-kids">https://starportal.edu.au/activity/questacon-at-home-fun-science-activities-for-kids</a></p> <p><a href="https://www.questacon.edu.au/discover/questaconathome">https://www.questacon.edu.au/discover/questaconathome</a></p>
<p>Learn with Smithsonian</p> <p>Art, History, Culture, Science and Nature Activities and Games to be explored</p> <p>Art meets Science in some amazing collections</p>	<p>Smithsonian</p>	<p><a href="https://www.si.edu/kids">https://www.si.edu/kids</a></p>

The **Olympics** may be over but that does not mean there isn't anything to learn:

Activity	Source	Links
<p>Design a poster or artwork of your favourite Olympian or event</p> <p>Write a letter of support to the Australian Olympic Team.</p> <p>Send it to: National Community Engagement Manager Australian Olympic Committee Level 4, 140 George Street Sydney NSW 2000 by 1 June 2021</p>	<p>Department of Education</p>	<p><a href="https://content.olympics.com.au/public/2020-05/Lower%20Primary%20-%20Village%20Art.pdf">https://content.olympics.com.au/public/2020-05/Lower%20Primary%20-%20Village%20Art.pdf</a></p>
<p>View the video on the Tokyo 2020 logo.</p> <p>How does the logo represent Tokyo and the Olympic movement?</p> <p>Research the motto for the Tokyo 2020 Olympic Games - How do the Olympic Games connect people and places in Japan but also internationally?</p> <p>Write a story and draw a picture to show how the Olympic Games connects people and places.</p>		<p><a href="https://olympics.com/tokyo-2020/en/news/united-by-emotion-to-be-the-tokyo-2020-games-motto">https://olympics.com/tokyo-2020/en/news/united-by-emotion-to-be-the-tokyo-2020-games-motto</a></p>
<p>Find Tokyo Japan on Google Earth</p>	<p>Google Earth</p>	<p><a href="https://earth.google.com/web/">https://earth.google.com/web/</a></p>



<p>What Interesting things can you see, can you find the coordinates to both countries, how far apart are they?</p> <p>What are the similarities and differences between Japan and Australia?</p>		
<p>How will our Australian Olympians get to Japan?</p> <p>Use the map in the links to print and draw a line from the transport to the map</p>		<p><a href="https://content.olympics.com.au/public/2020-05/LP%20%20-%20Trek%20to%20Tokyo.pdf">https://content.olympics.com.au/public/2020-05/LP%20%20-%20Trek%20to%20Tokyo.pdf</a></p>
<p>What are the similarities and differences in these Crane dances?</p> <p>Who is performing them and why?</p>	<p>Traditional Japanese Dance</p> <p><a href="https://www.youtube.com/watch?v=RRklPpzT_eA">https://www.youtube.com/watch?v=RRklPpzT_eA</a></p> <p>Australian Aboriginal Crane Dance</p> <p><a href="https://www.youtube.com/watch?v=U2vzsSmqGg8">https://www.youtube.com/watch?v=U2vzsSmqGg8</a></p>	<p><a href="https://content.olympics.com.au/public/2020-05/LP%203%20-%20Dance%20and%20Culture.pdf">https://content.olympics.com.au/public/2020-05/LP%203%20-%20Dance%20and%20Culture.pdf</a></p>
<p>Use the link to explore and learn about the Australian Olympic Team Mascot BK.</p>		<p><a href="https://content.olympics.com.au/public/2020-">https://content.olympics.com.au/public/2020-</a></p>

<p>What do you think BK could do to support the Australian Olympians and how can he represent you and the Australian people?</p> <p>Write an email to BK to share your ideas with them. Send your email to <a href="mailto:bk@olympics.com.au">bk@olympics.com.au</a></p>		<p><a href="https://content.olympics.com.au/public/2020-05/LP%204%20-%20Olympic%20Mascots.pdf">05/LP%204%20-%20Olympic%20Mascots.pdf</a></p>
<p>Create/Design a mascot to represent you at an Olympic Games.</p> <p>Your challenge:</p> <ul style="list-style-type: none"> <li>- Use recycled materials.</li> <li>- Create it so that a class member or member of your family can wear it.</li> </ul>		<p><a href="https://content.olympics.com.au/public/2020-05/LP%205%20-%20Move%20Your%20Body.pdf">https://content.olympics.com.au/public/2020-05/LP%205%20-%20Move%20Your%20Body.pdf</a></p>
<p>Measure how far you can jump, how fast you can run and how strong you are.</p> <p>Record your findings and compare them with your siblings or a family member</p>		<p><a href="https://content.olympics.com.au/public/2020-05/LP%205%20-%20Move%20Your%20Body.pdf">https://content.olympics.com.au/public/2020-05/LP%205%20-%20Move%20Your%20Body.pdf</a></p>
<p>Research how Tokyo 2020 is reducing, reusing and recycling.</p> <p>Make a pledge to reduce, reuse and recycle yourself. Decide on one action you can do today to reduce, reuse or recycle.</p> <p>What is it?</p>	<p><a href="https://www.youtube.com/watch?v=jgK4S6LHnzk">https://www.youtube.com/watch?v=jgK4S6LHnzk</a></p>	<p><a href="https://www.olympics.com.au/community-and-schools/educator-resources/">https://www.olympics.com.au/community-and-schools/educator-resources/</a></p>

How can others help you to achieve your goal?

What can your school do to reduce, reuse and recycle?

Why is it important?

## Language

Activity	Source	Links
<p>Learn another language</p> <p>Does your child want to learn another language? This platform offers immersive lessons and constant feedback to help your child.</p>	<p>Rosetta Stone for Kids</p>	<p><a href="https://www.rosettastone.co.uk/languages/">https://www.rosettastone.co.uk/languages/</a></p>
<p>Pen pal</p> <p>Letter writing is a fun, creative and rewarding way for children to practice literacy and communication. Use our lesson plans, sample templates and/or join our Pen Pal Club to get started</p>	<p>Australia Post</p> <p>STEAM Resources</p>	<p><a href="https://auspost.com.au/about-us/supporting-communities/literacy-education/pen-pal-club">https://auspost.com.au/about-us/supporting-communities/literacy-education/pen-pal-club</a></p>
<p>Match words in Guugu Yimidhirr language (from far North Queensland) with words recorded by James Cook's 1770 Endeavour crew in this fun, free game for school-aged children.</p>	<p>Australia's Defining Moments – Digital Classroom</p> <p>National Museum Australia</p>	<p><a href="https://digital-classroom.nma.gov.au/games/aboriginal-language-game">https://digital-classroom.nma.gov.au/games/aboriginal-language-game</a></p>
<p>School's in at the National Library's Digital Classroom.</p> <p>Home to more than 10 million collection items, the National Library of Australia is the largest source of information in the world about Australia and its people.</p>	<p>National Library of Australia</p> <p>Digital Classroom</p>	<p><a href="https://www.nla.gov.au/digital-classroom">https://www.nla.gov.au/digital-classroom</a></p>

<p>The Digital Classroom is aligned to the Australian Curriculum and supports a variety of classroom contexts and learning styles. It adopts an inquiry approach, allowing students to analyse sources, develop skills and draw their own conclusions about the Australian story.</p>		
<p>Find a huge selection of fun activities and online resources for you to enjoy at home including virtual tours, art clubs, creative writing clubs and young writing clubs</p>	<p>State Library of New South Wales</p>	<p><a href="https://www.sl.nsw.gov.au/learning/learning-home">https://www.sl.nsw.gov.au/learning/learning-home</a></p>
<p>Explore museums, artworks, places, games, festivals and cultures from around the world</p>	<p>Google Arts and Culture</p>	<p><a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a></p>
<p>Delivers 24/7 anywhere, anytime access to your school library resources including digital content such as eBooks and websites.</p>	<p>Oliver Library Accessed through Student Portal</p>	<p><a href="https://www.virtuallibrary.info/oliver-library.html">https://www.virtuallibrary.info/oliver-library.html</a></p>

**Maths** is used every day in almost everything we do. Parents and carers can support their child's mathematical skills and understanding with these fun, practical, and creative activities.

<https://education.nsw.gov.au/campaigns/mathematics/everyday-maths>

## Geography

Activity	Source	Links
If you have an avid explorer in your home, this platform can teach them about the world and it's countries.	Kids World Travel Guide	<a href="https://www.kids-world-travel-guide.com/">https://www.kids-world-travel-guide.com/</a>
Keep your child learning with a variety of content from National Geographic, specifically created for kids.	National Geographic for Kids	<a href="https://www.natgeokids.com/au/">https://www.natgeokids.com/au/</a>
What is Macquarie Island used for?  Where is it located?  What can you do there?	Macquarie Island Research Station – Virtual Tour	<a href="https://skyavenue.com.au/virtualtour/macca.html?html5=prefer">https://skyavenue.com.au/virtualtour/macca.html?html5=prefer</a>
In the Garden Sustainable Living	Australia Post  STEAM Resources	

<p>Australia Post has a variety of educational stamp collecting videos that address important themes such as endangered wildlife, the solar system, things that sting as well as stamp collecting!!</p>		<p><a href="https://www.youtube.com/watch?v=YwMqTkCl_hQ&amp;t=5s">https://www.youtube.com/watch?v=YwMqTkCl_hQ&amp;t=5s</a></p>
<p>This extracurricular virtual science program is for kids in Years 4-6. It offers students a hands-on and highly interactive science experience like nothing they've seen before.</p> <p>During our 8-week program, your child will use a range of our awesome science apps to collect data and engage in thought-provoking conversations with real scientists via weekly livestreams to improve their critical and analytical thinking skills. Our apps use augmented reality and game mechanics to captivate students and keep them engaged in our online program.</p> <p>This is the most immersive at-home science extension program currently available to students in Term 3.</p> <p>Greater details about the program and a sign-up link for</p>	<p>DART Learning Arludo</p>	<p><a href="https://dartlearning.org.au/provider/arludo/">https://dartlearning.org.au/provider/arludo/</a></p>

parents can be found at <a href="http://ingenious.arludo.com">http://ingenious.arludo.com</a>		
Brilliant replaces lecture videos with hands-on, interactive lessons. It's a better (and more fun) way to learn.  Interactive science and maths lessons are available	Brilliant	<a href="https://brilliant.org/">https://brilliant.org/</a>
Investigate family, community and try the defining moments quizzes	Australia's Defining Moments – Digital Classroom  National Museum Australia	<a href="https://games-digital-classroom.nma.gov.au/dm_games/virtual-museum/">https://games-digital-classroom.nma.gov.au/dm_games/virtual-museum/</a>



## History

Activity	Source	Links
<p>Explore the HMAS Endeavour</p> <p>What was it used for? How many decks does it have? Where is the bow and the stern? When was it in service? Where did it go? How many people did it carry?</p> <p>Build/ Design your own ship</p>	<p>HMAS Endeavour – Virtual Tour</p>	<p><a href="https://anmm-content.s3-ap-southeast-2.amazonaws.com/anmm_files/VirtualEndeavour/index.html">https://anmm-content.s3-ap-southeast-2.amazonaws.com/anmm_files/VirtualEndeavour/index.html</a></p>
<p>Webinars, podcasts, online exhibitions, 360 degree experiences, learning resources and much more</p>	<p>Australian War Memorial</p>	<p><a href="https://www.awm.gov.au/learn/learning-from-home/virtualvisit">https://www.awm.gov.au/learn/learning-from-home/virtualvisit</a></p> <p><a href="https://www.awm.gov.au/learn">https://www.awm.gov.au/learn</a></p> <p><a href="https://www.awm.gov.au/visit/exhibitions-online">https://www.awm.gov.au/visit/exhibitions-online</a></p> <p><a href="https://www.awm.gov.au/visit/museumathome">https://www.awm.gov.au/visit/museumathome</a></p>
<p>Challenge yourself with a range of exciting games and interactives that explore defining moments in Australian history including:</p>	<p>Australia’s Defining Moments – Digital Classroom</p> <p>National Museum Australia</p>	<p><a href="https://digital-classroom.nma.gov.au/learning-resources/games">https://digital-classroom.nma.gov.au/learning-resources/games</a></p>

<ul style="list-style-type: none"> <li>- Gold Rush</li> <li>- Cemeteries</li> <li>- Snowy Hydro</li> <li>- Port Fairy</li> <li>- Meet a Yolngu family and a Vietnamese refugee family</li> </ul>		
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### Creative and Performing Arts

Astonishing Art Galleries and Magnificent Museums. Just like zoos, museums around the world have had to close their doors due during the pandemic. However, this has given people the unique opportunity to see everything inside them from the comfort of our own homes. From island research stations to the most famous art museums in the world, here are some virtual tours to extend your children's learning.

Activity	Source	Links
Virtual Tour	NSW Art Gallery	

		<a href="https://artsandculture.google.com/partner/art-gallery-of-new-south-wales">https://artsandculture.google.com/partner/art-gallery-of-new-south-wales</a>
Virtual Tour	The Louvre	<a href="https://www.louvre.fr/en/online-tours">https://www.louvre.fr/en/online-tours</a>
	Museum of Applied Arts and Science (Powerhouse Museum)	<a href="https://artsandculture.google.com/partner/powerhouse-museum-of-applied-arts-and-sciences">https://artsandculture.google.com/partner/powerhouse-museum-of-applied-arts-and-sciences</a>
Aussie artist Ken Done offers free worksheets to help children of all ages explore and have fun with art	Ken Done	<a href="https://kendone.com.au/about-resources.php">https://kendone.com.au/about-resources.php</a>
Drama - Live Plays  The National Theatre is showcasing a different live play every week  Brainstorm ideas for a play or performance, write a script, practice with your siblings and put on a live show for your family!	The National Theatre	<a href="https://www.youtube.com/user/ntdiscovertheatre/featured">https://www.youtube.com/user/ntdiscovertheatre/featured</a>
The Globe Theatre is showcasing various Shakespeare plays	The Globe Theatre  Shakespeare	<a href="https://globeplayer.tv/">https://globeplayer.tv/</a>
The Centre for Puppetry Arts is streaming puppet shows, puppet presentations, and workshops online	The Centre for Puppetry Arts	<a href="https://puppet.org/programs/?type=digital-puppet-shows&amp;location=online">https://puppet.org/programs/?type=digital-puppet-shows&amp;location=online</a>

<p>Music - Here are some activities for the musicians in your family - or if you're looking for something different to do, mix it up with one of the following programs:</p> <p>Live stream musicians from around the world into your home and have your very own concert.</p>	<p>Tiny Desk Concerts</p>	<p><a href="https://www.npr.org/series/tiny-desk-concerts/">https://www.npr.org/series/tiny-desk-concerts/</a></p>
<p>This platform offers clips from the popular TV show featuring performances by musicians aimed to entertain your younger children.</p>	<p>Yo Gabba Gabba</p>	<p><a href="https://www.youtube.com/user/yogabbagabba/videos">https://www.youtube.com/user/yogabbagabba/videos</a></p>
<p>Introduce your child to classical music through resources on this platform.</p>	<p>Classical Kids</p>	<p><a href="https://www.yourclassical.org/listen">https://www.yourclassical.org/listen</a></p> <p>For classical read alouds</p> <p><a href="https://www.yourclassical.org/kids">https://www.yourclassical.org/kids</a></p>
<p>Explore the science of music through online exhibits, movies, and questions</p>	<p>Exploratorium – The Science of Music</p>	<p><a href="https://www.exploratorium.edu/music/index.html">https://www.exploratorium.edu/music/index.html</a></p>

PE  
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Physical activity and exercise is vital for children, as well as adults. There may still be some restrictions on physical activity during Learning from Home; so, we've come up with a few substitutes to ensure your child gets at least 30 minutes of exercise a day:

Please click on the below links for some fun physical activity classes

Activity	Source	Links
Fitness Classes	PE With Joe	<a href="https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI">https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI</a>
Fitness Classes	Jedi Workout	<a href="https://www.youtube.com/watch?v=Q9pB8I_vqCw">https://www.youtube.com/watch?v=Q9pB8I_vqCw</a>
Fitness Classes	Move like Avengers	<a href="https://www.lesmills.com/avengers/">https://www.lesmills.com/avengers/</a>
Fitness Classes	Cosmic Kids Yoga	<a href="https://www.youtube.com/watch?v=0ImHIWzP49M">https://www.youtube.com/watch?v=0ImHIWzP49M</a>
Dance Party  For the dancers in your family, or the ones who just want to shake and wiggle, here are some alternatives that will ensure they stay active and have a great time:	Hip Hop Dance Videos	<a href="https://www.youtube.com/watch?v=JWTyO8npkOQ">https://www.youtube.com/watch?v=JWTyO8npkOQ</a>
	Kidz Bop Aus & NZ	<a href="https://www.youtube.com/channel/UCKAUvFpaOoawkIT5_6lp6LA">https://www.youtube.com/channel/UCKAUvFpaOoawkIT5_6lp6LA</a>

	Go Noodle	<a href="https://www.youtube.com/user/GoNoodleGames/featured">https://www.youtube.com/user/GoNoodleGames/featured</a> or <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
	Dance Parent 101	<a href="https://www.youtube.com/channel/UCATIs70CNB9I2hHvwKtMTyw/videos">https://www.youtube.com/channel/UCATIs70CNB9I2hHvwKtMTyw/videos</a>

## Offline Activities suggested by the Department of Education

<https://education.nsw.gov.au/parents-and-carers/wellbeing/school-holidays/offline-activities>

Considering how much time we all spend in front of a screen these days, it's important to keep that balanced with some offline activities. Here are a few ideas you can incorporate into your child's daily or weekly schedule:

1. **Board games:** You can stick with the classics including Monopoly, Chess, Scabble and Jenga or explore new, online versions. Board games can help with developing your child's literacy and numeracy skills.
2. **Start a virtual book club:** If your children like to read, they can start a book club with you or with their friends. This allows them to get together with their friends once a week to discuss the book they're reading and recommend new books.
3. **Start a virtual film club:** If your child is passionate about film, they can start their own film club with you or their friends. This allows them to get together with their friends once a week to talk about the same film they've watched and recommend new films.
4. **Have an indoor or garden picnic:** And indoor or outdoor picnic in your garden - it will help to break the monotony of the routine and just add some fun and whimsy to mealtimes.

5. **Learn a musical instrument:** If you have a musical instrument in your home, you can help your child learn to play it. If you aren't proficient in the instrument there are a variety of online tutorials that teach the basics of how to play musical instruments.
6. **Build a puzzle:** This is an easy and simple way to keep little ones busy or even create an entire family activity.
7. **Teach your child or teen to cook:** Getting your child or teen to cook a few basic meals during the holiday for themselves or the family is a great life skill. It'll also help them feel a sense of accomplishment once they've successfully created a meal by themselves.
8. **Teach your child or teen to bake:** Getting your child or teen to bake a few basic desserts or baked goods during the holiday for themselves or the family is a great life skill. It'll also help them feel a sense of accomplishment once they've successfully created a meal by themselves.
9. **Go for a walk:** Getting out of the house and doing exercise in a safe way once a day is recommended for good health. A few times a week, go for a walk with the immediate family, but be mindful of physical distancing.
10. **Make a blanket fort:** An activity that never dates. By helping your child make a blanket fort you'll provide them with hours of entertainment.
11. **Colouring:** This is a great activity for you to do with your child, as colouring promotes mindfulness, focus and calm. It will help your child decompress and get creative at the same time. Get them to decorate their room with their colouring masterpieces.
12. **Homemade playdough:** You can make this with a variety of recipes online and it'll give your younger child hours of enjoyment. It also supports the development of your child's fine motor skills, teaching your younger child how to grip and pull.
13. **Reading:** Reading is a calming, solitary activity that promotes mindfulness. It's a great activity, especially during stressful times and will help your family focus on learning, imagination and curiosity during uncertain periods.
14. **Origami:** All this requires is square pieces of paper. There are numerous online tutorials that can teach you and your child how to create all sorts of interesting objects through paper folding.

15. **Start an art project:** Suggest to your child to create a drawing, painting, or craft something. This will help them to use their creative brain. You could also schedule time to work on the art project over multiple days.
16. **Have a 'spa' day:** Have some relaxing and fun time with your children by organising a 'spa' day. This can be done in your home, and can include activities such as yoga, meditation, hand and back massages, to painting each other's nails and facials.
17. **Stargazing:** For those who can, spend some time every night having a look at the stars in the sky. Learn the constellations and the stories behind them and learn about which planets can be seen in the night sky. There are also a variety of stargazing apps to help you with this.

The activities in this list are general suggestions. You will know what activities are best suited to your child and their interests.

Further suggestions from the Department of Education

[https://education.nsw.gov.au/content/dam/main-education/en/home/parents-and-carers/school-holidays/going-to-the-zoo-these-school-holidays/Activities\\_to\\_Try.pdf](https://education.nsw.gov.au/content/dam/main-education/en/home/parents-and-carers/school-holidays/going-to-the-zoo-these-school-holidays/Activities_to_Try.pdf)





# Some activities and ideas for home for parents of primary and early learners

Make or do a jigsaw puzzle  Try some origami Create an obstacle course

Bake or cook something Learn a magic trick Paint or draw a picture 

Make a joke book Take photos of 10 living things  Build a blanket fort

Plan and hold a picnic Make your own kite Try a new board game 

Play indoor mini-golf  Play Limbo Write a letter to your future self

Potato sack race with pillow cases Hold a tea-party  Make a time capsule

Hold a Karaoke concert  Play hide and seek Open a pretend store

Blindfolded taste test Look at photo albums Have a paper plane contest 

Play Pictionary Play dress up  Pretend to be in a restaurant Try Yoga

Make a shoebox diorama Learn a new card game  Put on a play

Make or play an instrument  Create a treasure hunt Write or recite poem

Have a talent show Make handmade presents Choreograph a dance 

Read a new book from the library Play water bottle bowling

Play life-size Noughts and Crosses Build the tallest tower 



## Supporting your child's learning at home

Information for parents and carers about how to support their child's learning at home is available in the following languages

[Arabic \(PDF 12KB\)External link](#)

[Bengali \(PDF 172KB\)External link](#)

[Burmese \(PDF 154KB\)External link](#)

[Chinese-simplified \(PDF 334KB\)External link](#)

[Chinese – traditional \(PDF 347KB\)External link](#)

[Dinka \(PDF 385KB\)External link](#)

[English \(PDF 116KB\)External link](#)

[Filipino \(PDF 251KB\)External link](#)

[French \(PDF 304KB\)External link](#)

[Greek \(PDF 287KB\)External link](#)

[Hindi \(PDF 158KB\)External link](#)

[Indonesian \(PDF 255KB\)External link](#)

[Italian \(PDF 303KB\)External link](#)

[Japanese \(PDF 177KB\)External link](#)

[Karen \(PDF 132KB\)External link](#)

[Khmer \(PDF 167KB\)External link](#)

[Kirundi \(PDF 256KB\)External link](#)

[Korean \(PDF 266KB\)External link](#)

[Lao \(PDF 204KB\)External link](#)

[Mongolian \(PDF 291KB\)External link](#)

[Nepali \(PDF 157KB\)External link](#)

[Persian \(PDF 119KB\)External link](#)

[Portuguese \(PDF 304KB\)External link](#)

[Punjabi \(PDF 389KB\)External link](#)

[Russian \(PDF 316KB\)External link](#)

[Samoan \(PDF 256KB\)External link](#)

[Serbian \(PDF 290KB\)External link](#)

[Somali \(PDF 307KB\)External link](#)

[Spanish \(PDF 219KB\)External link](#)

[Swahili \(PDF 306KB\)External link](#)

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[Vietnamese \(\(PDF 249KB\)](#)